

# ILLINOIS TREKKERS FOOTNOTES

NO. 2017-07

August 2017



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## A Message from our President

### President's Message

Thank you to Sue Bacon & Susan Jones, POCs and everyone who worked to make the Waterloo Town Walk a great walk. The Peterstown House and the Monroe County Museum were interesting to visit and nice places to cool off from the heat. Thank you to all the walkers who came out to walk despite the heat.

There are many good walks still to come in August. The next traditional walk will be the Historic University City/Delmar Look Walk on August 5, 2017. Then on August 12, 2017 The St. Louis-Stuttgart Club will host the Italian "Hill" Walk. The next Illinois Trekkers traditional walk will be the Germantown 50<sup>th</sup> Anniversary Spassfest Volksmarch. On August 19, 2017. Read the article in this edition of the Footnotes about the Germantown 50<sup>th</sup> Anniversary Spassfest. Volksmarch. On August 26, 2017 the Gateway Milers will have a traditional walk in Belleville, the Boulevard Walk.

Three Mile Thursdays will continue in August by walking the Belleville East YMCA YRE on August 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> & 31<sup>st</sup>. Registration will be at 6:15. The walk will begin at 6:30 pm.

Trekkin Tuesdays will continue in August. In September & October the registration time for Trekkin Tuesdays will be 9:00 am with the walk starting at 9:15 am.

The next Volkssport Committee meeting will be on August 9, 2017 at 3:00 pm at the St. Louis Bread Company 2720 Belleville Crossing; Belleville. Everyone is invited to attend the meeting.

Please plan to attend the August 3, 2017 club meeting @ 6:30 pm in the Kinsella Room at the Fairview Heights Library. We will be discussing the Way of Lights Walk scheduled for November 14, 2017 and making some important decisions. The

Fairview Heights Library is located at 10017 Bunkum Road, Fairview Heights, IL. When you reach 10017 Bunkum Road turn right onto Library Drive and continue to the library parking lot behind the library. Enter through the door on the lower level at back of library.

*Submitted by Diane Prost*

*President, Illinois Trekkers Volkssport Club*



## Upcoming Walks

The next Illinois Trekkers Traditional walking event is scheduled for Saturday, August 19, 2017 in Germantown, IL. Read the below article that appeared in the August/September 2017 *The American Wanderer* (TAW):

### Germantown's 50<sup>th</sup> Anniversary Spassfest Volksmarch

A Spassfest is a fun festival and Germantown, Illinois is celebrating their 50<sup>th</sup> Anniversary Spassfest, Germantown's celebration of its German heritage. The fun begins on August 18 at 4 pm and runs through Sunday August 20 at noon. Every German celebration has good food that includes bratwurst and knackwurst, Germantown's famous fried chicken, homemade German potato salad, fish, hamburgers, and funnel cakes. The Spassfest is a weekend of music, food, celebration, fun, and "Gemütlichkeit". The Spassfest is held in "Red" Schoendienst Park, along Illinois Route 161. Germantown is in Clinton County, Illinois, only 45 minutes from St. Louis, and 15 minutes from Carlyle Lake. The Spassfest grounds are handicapped accessible and as always admission and parking are free. On Friday evening the "Bierlauf" (beer run) will be held at 7 pm. A "Bierlauf" is a one mile run where a person drinks a beer and then runs a quarter of a mile, drinks another beer and runs a quarter of mile, and so on until a mile is completed. On Saturday evening the Spassfest parade will begin at 5:30. For more information about the Spassfest please go to the Spassfest website: <http://www.germantownil.net/Spassfest.html>

The Illinois Trekkers invite walkers to help Germantown, Illinois celebrate their 50<sup>th</sup> Anniversary Spassfest on August 19 with a Volksmarch (walk) starting at the Red Schoendienst Park. Red Schoendienst Park is named in honor of Red Schoendienst who was born in Germantown and became a ST. Louis Cardinal player, coach and manager. Red Schoendienst was named to the Cooperstown MLB Hall of Fame. Walkers may start between 8 am and 11 am. There are two 5k loops with a guided walk starting at 8:30 am with a member of the Germantown Historic Society walking with walkers to share the history of Germantown with

walkers. When the walkers return from the first loop, another guided walk will start at approximately 9:30 to 9:45 with a member of the Germantown Historic Society walking with walkers again to share the history of Germantown. The first 5k loop is on sidewalks and cities streets and will pass a replica of Red Schoendienst's Cooperstown MLB Hall of Fame Plaque. The walk continues through St. Boniface Cemetery with the Stations of the Cross that were erected in 1893 and have inscriptions in German. The walk will continue through Veterans Memorial Park and historic Germantown. The second 5k loop is on city sidewalks and streets through historic Germantown. Walkers must finish by 2 pm.

After completing the walk, walkers can take a trip to a private fort that will be open to walkers. A shuttle bus will be available from 10 am to 2 pm for walkers to tour the private fort. The shuttle bus to the fort is provided by the Germantown Historic Society for a donation. The fort contains old log cabins that have been moved to the fort from their original locations, antiques and an arrow head collection. A member of the Historical Society will be at the fort to provide historical information about the cabins and Germantown.

*Submitted by Diane Prost, President Illinois Trekkers*

### SAVE THE DATE FOR FUTURE EVENTS

**August 19 – Germantown, IL Spassfest**

**September 23 – Swansea, IL Scavenger Hunt**

**October 15 – Belleville, IL King's House Retreat (SUNDAY PM)**

**November 4 – O'Fallon, IL Soup Walk**

**December 2 – Millstadt, IL Trekkers Group YRE Walk/Christmas party**

## Keep on Trekkin'

Aug 1 – Group 5k/10k Kirkwood, MO (Tuesday, 9:00am)  
Aug 3 – Membership Meeting, Fairview Hts (Thursday, 6:30pm)  
Aug 5 – Traditional 5k/10k University City, MO (Saturday, 9am-12pm)  
Aug 8 – Group 5k/10k Richmond Heights, MO (Tuesday, 8:45am)  
Aug 10 – 3-Mile Thursday, Belleville East YMCA (6:15pm)  
Aug 12 – Traditional 5k/10k Tower Grove/ The Hill (Saturday, 8am-12pm)  
Aug 15 – Group 5k/10k Florissant, MO (Tuesday, 8:45am)  
Aug 17 – 3-Mile Thursday, Belleville East YMCA, (6:15pm)  
Aug 19 – Traditional 5k/10k Germantown, IL (8-11am)  
Aug 22 – Group 5k/10k Belleville Historic District (Tuesday, 8:00am)  
Aug 24 – 3-Mile Thursday, Belleville East YMCA (6:15pm)  
Aug 26 – Traditional 5k/10k The Blvd, Belleville, IL (Saturday, 8-10am)  
Aug 29 – Group 5k/10k Edwardsville, IL (Tuesday, 9:00am)  
Aug 31 – 3-Mile Thursday, Belleville East YMCA (6:15pm)

## WEBSITE

Please check our club website for times and places of Trekkin' Tuesdays, 3-Mile Thursdays, and Saturday group walks. The website is currently undergoing a makeover and you will be pleased with the updates that Diane Prost has added to the site. Want to volunteer to help support this site, just contact Diane Prost at [daprost@sisna.com](mailto:daprost@sisna.com).

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## MILESTONES FOR MEMBERS!

(Printed in the August/September 2017 edition of the TAW)

Mark Ohl	375 Events
Susan Hodgson	525 Events
Susan Hodgson	550 Events
Susan Hodgson	575 Events
Cindy Stucky	575 Events
Trudy Duffman	600 Events
Susan Hodgson	600 Events
Cindy Stucky	600 Events
Diane Prost	1050 Events

Susan Hodgson 4500 KM

*Congratulations on achieving these goals—one step at a time!*

If you reached a milestone and it has not been recognized in the Footnotes, please let the editor know.

If we are facing *In The Right* direction, all we have to do is keep on walking.

Zen Proverb

## COME WALK WITH US!



**Christmas in July – Waterloo Town Walk**



**Maryville Group Walk**

**Central West End-Diane Gebhardt's BD**

*Photos Courtesy of Trudy Duffman*

# ILLINOIS TREKKERS MEMBERSHIP MEETING

July 6, 2017

1. **Call to Order** at 6:32pm per Diane Prost, President.
2. **Special Guests:** Teresa Ward-Belleville, Sue Vahle-O'Fallon. At 6:50pm, 2 more guests arrived: Nancy Metcalf-New Athens, Kathy Kassebaum – Belleville.  
New guests mentioned that Belleville News Democrat lists start time of our meeting as 7:00pm.
3. **New Members:** Kathy Bohnet-Collinsville
4. **Secretary's Report:** approved as read per Vickie Ridgeway by Leonard Wojtysiak.
5. **Treasurer's Report:** Dee Wojtysiak gave the report. Bill Malina made the motion to approve this report pending audit, Vickie Ridgeway seconded the report.
6. **Committee Reports:**
  - A. **Volkssport Committee:**
    - Individual incentive program: **Tour De Saint Louis**
      - a) 2017 brochures available tonight
      - b) Can be downloaded or printed from Illinois Trekkers' website
    - Completed incentive program – Diane Prost has turned in her completed program.  
We now have a total of 7 people who have completed the challenge this year.
    - YREs for 2018
      - a) New
        - O'Fallon YRE already sanctioned
        - Columbia YRE Walk
        - Edwardsville YRE walk
        - Edwardsville YRE Swim
        - Belleville East YMCA YRE Swim
        - Dee made the motion to sanction these events pending approval of the YMCA's.
      - b) Renewal
        - Our Lady of the Snows Walk: POC Jackie McKay
        - Downtown, Historic Districts & Richland Creek Greenway Walk: POC Susan Hodgson (Discussion regarding reopening Richland Creek Greenway Walk- Susan Hodgson keeping tabs on this)
        - Belleville YMCA Walk: POCs Packy & Sue Botula
        - Belleville YMCA Bike: POCs Packy & Sue Botula
        - Maryville Walk: POC Vickie Ridgeway
        - Maryville Bike: POC Vickie Ridgeway
        - Glen Carbon Walk: POC Susan Hodgson
        - St. Clair Square Mall Walk: POC Trudy Duffman
        - Millstadt Walk: POC Jackie McKay
        - Susan Hodgson will be asking all POC's if there are any changes before she sanctions them for next year.
        - Dee made the motion to renew all YRE renewals named above. Leonard 2<sup>nd</sup>.
      - c) Discontinue
        - Fenton YRE/ Recommendation of Volkssport Committee
          - Few walkers
          - Continual flooding potential
          - Diane has talked with Cindy & Tom Stucky re: discussion to possibly discontinue Fenton walk site.
          - Motion made by Dee Wojtysiak, 2<sup>nd</sup>: Vickie Ridgeway; membership voted to discontinue Fenton walk site after this year.



- Vickie mentioned that 10K is particularly scenic as it goes by the Meramec river.
- July 22nd Waterloo, IL Town Walk “Christmas in July”: Sue Bacon  
Quite a few merchants are participating in our Walk, we have coupons to hand out  
The museums will be available: Peters Town House, Monroe County Historic Museum; no charge for admission. Group Walk for the first time in a traditional walk to be led by Leonard & Dee Wojtysiak, starting at 0830am. Sue Bacon and Susan Jones were able to visit the Life Network group recently who shared their list of needs with our walkers. They are very appreciative of our voluntary participation in this project.
- Soup Walk November 4, 2017 O’Fallon, IL: Trudy Duffman. Susan/Muriel working on bread donations.
- Way of Lights November 14, 2017 POC: Jackie McKay
  - a) Susan Hodgson reported for Jackie-will be working with a new liaison at Shrine
  - b) Shrine Hotel breakfast area
  - c) Shrine plans on charging for use of hotel
    - Amount club willing to pay
    - Leonard made a motion to pay up to \$200 for use of the facility; Susan Hodgson 2nd
  - d) Sue Bacon is willing to help with the Girl Scout Registration
- New Year’s Eve Walk Sunday, December 31, 2017: POC Susan Hodgson  
Dinner at 8pm at the 4204 Restaurant; Walk: Balance Coffee and Tea starting at 5pm-6pm.  
Dee made the motion to have the NYE Walk, Vickie 2<sup>nd</sup> as described by Susan Hodgson that she may proceed with finalizing plans and reservations.
- New YRE for 2018 O’Fallon, IL: Nikki Wilcoxon, POC
- 50<sup>th</sup> Anniversary Spassfest Volksmarch in Germantown, IL on August 19, 2017  
Worksheet available. Volunteer needed to lead the guided group walk at 0830am for the 1<sup>st</sup> loop and again later for the 2<sup>nd</sup> loop. There will be a member of the Germantown Historic Society volunteers walking with the group to give some historical information about Germantown including a cemetery with the stations of the cross in scripted in German. Diane pointed out that Germantown is Red Schoendienst, former Cardinal baseball manager’s home town. Vickie Ridgeway has volunteered.
  - a) Germantown Historic Society volunteering to help
    - Volunteer at fort. There will be a shuttle bus after people finish walking to the fort, normally only open during reenactments. Donations suggested.
- Next Volkssport Committee meeting July 19, 2017
  - a) Volkssport Committee meeting open to anyone interested in planning 2018 walks
  - b) 3:00 pm
  - c) St. Louis Bread Company in Belleville
- Walk ideas for 2018
  - a) Soup Walk in Breese, St Augustine’s Church, January 27, 2018 POC: Trudy Duffman
  - b) Alton Historic Homes March 24, 2018
  - c) Newly completed Metro bike trail April 21, 2018
  - d) Maeystown Fruhlingsfest/Spring fest Sunday, May 6. 2018
  - e) Mascoutah Memorial walk May 19, 2018 to May 28, 2018.  
Discussion of traveling stamp or extended distance trail. This walk  
Traditionally starts with 1<sup>st</sup> day, 1 mile; 2<sup>nd</sup> day, 2 miles; etc.; each day  
A new fallen veteran to walk for until the finish of 10<sup>th</sup> day, 10 miles. More  
Discussion on this walk to follow to work out final details. Working with  
Another organization.
  - f) Marissa Coal Festival June 9, 2018
  - g) Red Bud City Walk July 21, 2018
  - h) Swansea Centennial Park August 18, 2018

- i) Wood River city walk    October 20, 2018
- j) Cahokia Mounds    September 15, 2018
- k) Way of Lights    November 13, 2018
- l) Christmas 5k Walk and party    December 8, 2018
- m) New Year's Eve Walk    December 31, 2018
- n) Chester Popeye characters TBD

**B. Special Activities Committee:** Nikki Wilcoxon, Chairman

- o **Refreshments:** Darleen Kraemer- Muriel provided the refreshments for the 2<sup>nd</sup> time this year. Bravo! Vickie Ridgeway has the refreshments in August. September and November are open, signup sheet passed around.

**7. Old Business**

- A. Maryville walk/Edwardsville swim June 17, 2017: Vickie Ridgeway  
48 walkers on a very hot day came! Bobby's opened and brought out water for our walkers besides having ice cream available. We had 9 Girl Scouts at the Edwardsville Swim and absolutely loved it! As well as 3 adults. There seemed to be a communication gap with the Girl Scout Council, but Sue Bacon contacted the troops individually 2 weeks prior to the event and those Girl Scouts that did come really appreciated it. Discussion of facilities available at Edwardsville for future events.
- B. Three Mile Thursdays Schedule-Register at 6:15, Walk at 6:30
  - o July 13, 20 & 27, 2017 Maryville YMCA YRE
  - o August 10, 17, 24 & 31, 2017 Belleville East YMCA YRE
  - o September 14, 21 & 28, 2017 Glen Carbon YRE-Meet Susan Hodgson at the Library. She will have the book there.
  - o October 12, 19 & 26, 2017 St. Clair Square Mall YRE
- C. **Mid-America Conference**
  - o Mid America Conference date is October 27, 28, & 29, 2017 at Evansville Indiana. There are walks for 3 days, a meet and greet dinner.
  - o Brochure available tonight
  - o Ideas for Illinois Trekkers' basket for conference- Muriel suggested a Halloween basket. Discussion followed. Muriel then made the motion to use Halloween as the theme for our basket to the Mid-America Conference; Dee 2<sup>nd</sup>.
- D. **Traveling Stamp:** Sue Bacon
- E. **Group walk leader at Traditional events**
  - o Will have trial walks at Waterloo and Germantown Walks
  - o 5k
  - o 10k

**8. Reports on Year-Round Events:**

Our Lady of the Snows: Jackie McKay	Walkers: June=0	YTD=51
Belleville Downtown, Historic Districts & Richland Creek		
Greenway: Susan Hodgson	Walkers: June=25	YTD=73
Belleville YMCA Packy & Sue Botula	Walkers: June=3	YTD=59
	Bike: June=0	YTD=6
Fenton: Tom & Cindy Stucky	Walkers: June=4	YTD=16
Maryville: Vickie Ridgeway	Walkers: June=8	YTD=42
	Bike: June=11	YTD=11
Glen Carbon: Susan Hodgson	Walkers: June=8	YTD=78
St. Clair Square Mall: Trudy Duffman	Walkers: June=7	YTD=40
Millstadt: Jackie McKay	Walkers: June=28	YTD=106

**9. Opportunities for service:**

- A. Volunteers to work at traditional events

**10. New Business**

- A. 2017 National Volkssport Month patch for October. King's House Retreat will be in October. Sign-up sheet available.

## **11. President's Report**

- A. The Big Give raised \$68,146 including matches
- B. Convention handout- on back of agenda
- C. Website updates- Diane encouraged all to look at the website. There is a lot of information regarding the upcoming walks. Any questions, please contact Leonard or Diane.
- D. Anonymous donation for Bronze level Belleville News Democrat's Newspapers in Education Program received and sent to the Belleville News Democrat.
1. Teachers use the newspaper to teach a variety of subjects including reading, math, science, writing and geography.
  2. Each student in your sponsored classroom will receive a personal copy of the Newspaper.
  3. Hard-working teachers receive lesson plans and other valuable teaching tools
  4. Donations are recognized in 'Thank You' advertisement in the Newspaper once a month and continuous recognition on webpage niebnd.com for a full year.
  5. Bronze Level \$300 Sponsor – As a Bronze Level sponsor, your contribution will provide the Newspapers in Education program to area classrooms over the next year. Your business will be listed as a sponsor in the ad.

**11. Review of AVA Headquarters' Checkpoint** – Link available on IL Trekkers website or can have it emailed to you.

## **12. Items from the Floor**

This Saturday's (July 8, 2017) walk will be in Belleville, starting at the Balance Coffee and Tea, 732 S. Illinois St. It will start at 8am. Susan will pick up the book and have it available at 7:45am for registration.

Sue Bacon gave a report on the Convention including the new officers. She passed around the biannual report. Diane Prost were recognized for her devoted service and was given an AVA Meritorious Service Award. Tim Prost was also recognized with a commendable Service Award. The next convention will be June 5-9 based in Albany, New York. Sue mentioned a few of the many walks that are available near the area.

**13. Attendance Drawing**-Susan Hodgson won the drawing this evening.

**14. Next Meeting:** August 3, 2017 @ 6:30 pm in the Kinsella Room at the Fairview Heights Library. The Fairview Heights Library is located at 10017 Bunkum Road; Fairview Heights, IL. When you reach 10017 Bunkum Road turn right onto Library Drive and continue to the library parking lot behind the library. Enter through the door on lower level at back of library.

**16. MEETING ADJOURNED:** 7:45pm

Submitted by Vickie Ridgeway, Illinois Trekkers Secretary



Submit Articles to:

Trudy Duffman at [trudyduffman@yahoo.com](mailto:trudyduffman@yahoo.com) by  
the 25<sup>th</sup> of each month.

Illinois Trekkers Volkssport Club  
P. O. Box 603  
O'Fallon, IL 62269

### **2017 YREs**

#### **Belleville Historic District & Richland Creek Greenway (Walk)**

Balance Coffee and Tea, 732 S. Illinois Street, Belleville, IL

POC: Susan Hodgson, 618-416-5533

#### **Belleville - YMCA (Walk/Bike)**

YMCA, 2627 Carlyle Ave., East Belleville, IL

POC: "Packy"/Susan Botula, 618-236-9521

#### **Belleville - National Shrine of Our Lady of the Snows (Walk)**

Shrine Motel, 451 S. De Mazenod Dr., Belleville, IL

POC: Jackie McKay, 618-616-1330

#### **Fairview Heights – St. Clair Square Mall (Walk)**

Schnuck's, 625 Lincoln Highway, Fairview Heights IL

POC: Trudy Duffman, 618-670-6920

#### **Glen Carbon – Old Town (Walk)**

Casey's General Store, 70 S. Main St, Glen Carbon IL

POC: Susan Hodgson, 618-416-5533

#### **Maryville - CMT YMCA (Walk/Bike)**

YMCA, 1 Town Center Dr., Maryville, IL

POC: Vickie Ridgeway, 618-792-3881

#### **Millstadt – Village & Nature Park (Walk)**

IGA Store, 625 East Washington Street, Millstadt, IL

POC: Jackie McKay, 618-616-1330

#### **St Louis – Fenton, Mo (Walk)**

Riverchase of Fenton Recreation Center, 990 Horan Street, Fenton, MO. 63026

POC: Cindy/Tom Stucky, 314-270-3100